

Abstract

Title: The Level of Postural Maturation of Children in Athletic-preparatory Schools

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Objective: There are more and more athletic-preparatory schools in athletic units and clubs nowadays. Athletic-preparatory school means a group of five or six-year-old children with one or two training lessons per week. Czech athletic association wants to spread an interest in athletics among parents and their children, to find athletic talents as soon as possible and develop them by this way.

The recruitment of children at this age already exists in many sports, but it is new in athletics in the Czech Republic. But that does not go for everyone that this sport training at preschool age is the appropriate and healthy way for a child motor development. I would like to evaluate the influence of athletic-preparatory schools on the child motor development. Due to the fact that there are no tests to apply for this purpose in literature, we have to compose our own set of tests, which are used in physiotherapy. The theoretic part of the work is a bibliographic search of accessible information about postural maturation and motor development. The experimental part of the work is an evaluation of the level of postural maturation of children in athletic-preparatory schools before their start of regular training and after four months of doing exercises.

The aim: In the theoretic part of the work I summarize information about postural maturation and motor development of a child and by way of compilation of a suitable set of tests and realization of this experiment I want to point out positive and negative consequences of athletic training at preschool-age.

Method: Using of tests which are used in physiotherapy for evaluation postural maturation level of preschool children in athletic-preparatory schools. Evaluation of the level before their start of regular training and after four months of doing exercises. Drawing a comparison between their results and a control group of children tested in the same way.

Results: The set was set up of four tests. The quality of their performance was after four months significantly better in children who trained in Athletic-preparatory School than in children who didn't do any sport. Only some of parameters in each test improved after four months demonstrably. There was a discrepancy between two evaluators, but there was a high level of reciprocal correlation. The results of our tests in 92% correlated with the performance of children in Athletic-preparatory School evaluated by their coach.

Conclusion: According to our experiment Athletic-preparatory School has a positive influence for the postural development of children. The set of four tests is well exploitable for coaches as well as for physiotherapists, who can by it's results recommend or in reverse put off a presence of a child in Athletic-preparatory School. It would be interesting to apply this set of tests also in another sport activities of preschool children, such as ice-hockey, football, modern gymnastics etc. and compare the influence of different sport activities on the locomotor system of children.

Key Words: posture, posture development, postural maturation (stabilization), motor development, sport activity of children, preschool age